



Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Ingredients

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| 2 cups cooked, shredded chicken | ½ cup shredded reduced fat Monterey Jack cheese |
| 1 teaspoon chili powder | 2 radishes, sliced |
| 2 cups prepared Fresh Salsa (see page 54) | 1 fresh avocado, mashed |
| 2 cups shredded romaine lettuce | 4 bolillos or French bread rolls, cut in half lengthwise |
| 4 thin slices white onion | |

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Fresh Salsa.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Fresh Salsa over lettuce and close sandwich. Serve immediately.

Nutrition information per serving: Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg